



the benefits of ...



# RECREATION

## 1 Recreation and active living are essential to personal health.

- ❖ Reduces the risk of coronary heart disease and stroke
- ❖ Aids in combating osteoporosis and diabetes
- ❖ Prevents site specific cancers (e.g. breast cancer) and back problems
- ❖ Recreation is a proven therapeutic tool contributing to mental health

## 2 Recreation is a key to balanced human development.

- ❖ Recreation is essential to the development of children and youth through the development of motor skills, social skills, creativity and intellectual capacities and concepts
- ❖ Recreation provides life-long learning opportunities for adults

## 3 Recreation and parks are essential to quality of life.

- ❖ Recreation, sports and arts/culture build self esteem and positive self image.

## 4 Recreation reduces self-destructive and anti-social behavior.

- ❖ Recreation reduces loneliness, isolation and alienation
- ❖ Recreation, sports and arts/culture are antidotes to smoking, substance abuse, suicide and depression in youth

## 5 Recreation and parks build strong families and healthy communities.

- ❖ Recreation, sports and arts/culture build social skills and stimulate participation in community life
- ❖ Families that play together – stay together. Children and youth remain connected; couples that share leisure interests are more likely to stay together
- ❖ Recreation, sports, arts/culture produce leaders who serve their communities in many ways

## 6 Pay now or pay more later. Recreation reduces health care, social service and police/justice costs.

- ❖ Fitness and well-being reduce both the incidence and severity of illness and disability thereby lowering health care costs
- ❖ Recreation reduces crime and social dysfunction – reducing police, justice and incarceration costs

## 7 Recreation and parks are significant economic generators in your community.

- Recreation, parks and arts/culture:
- ❖ Attract businesses and tourism to the community
  - ❖ Are employment generators
  - ❖ Improve work performance, increase productivity and decrease absenteeism

## 8 Parks, open spaces and natural areas are essential to ecological survival.

- ❖ Green spaces protect habitat, biodiversity and ecological integrity



Financial assistance received from:



Source: The Benefits Catalogue, 1997 Used with permission from the Canadian Parks and Recreation Association



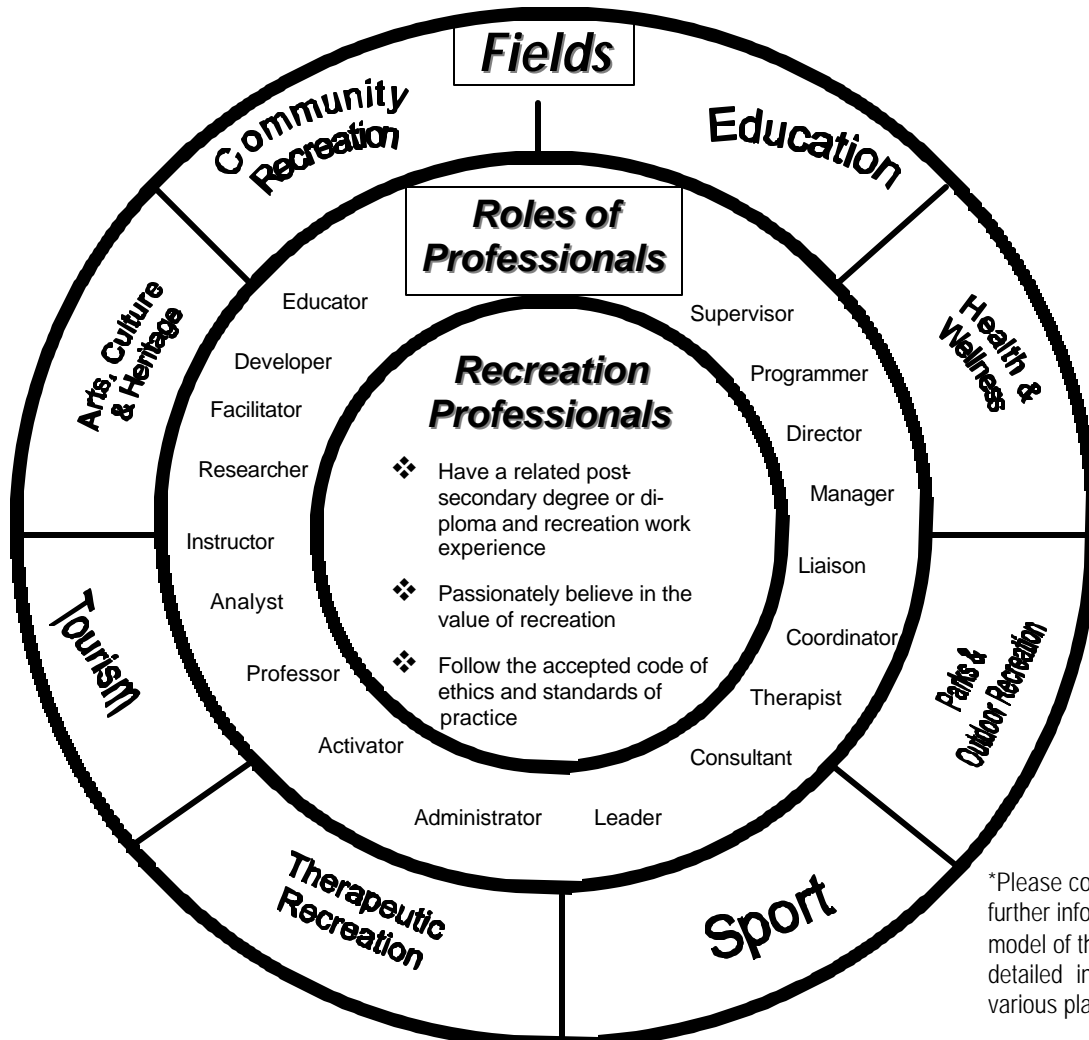
the benefits of hiring a ...

# RECREATION PROFESSIONAL



The model below describes the Saskatchewan recreation profession:

- The shared understanding of who recreation professionals are (centre)
- The diverse roles of recreation professionals
- Employment fields



\*Please contact us to obtain further information about this model of the profession, including detailed information about the various places of employment.

### Saskatchewan employers say:

Recreation professionals have the skills, knowledge and abilities to help communities and individuals to experience improved health, reduction of anti-social behavior, decreased health care and justice costs, and attract businesses and tourism to communities.

### Recreation professionals:

- ❖ Have the leadership skills to empower others
- ❖ Have organizational skills to meet the daily demands of clients and communities
- ❖ Communicate effectively with staff, volunteers, family members, and the public
- ❖ Design and develop programs based on need

Please contact us to obtain other documents, including: Job description frameworks for community and therapeutic recreation ; professional competencies; standards of practice for therapeutic recreation; professional code of ethics; benefits of hiring community and therapeutic recreation professionals, and detailed text related to the model of the profession above.